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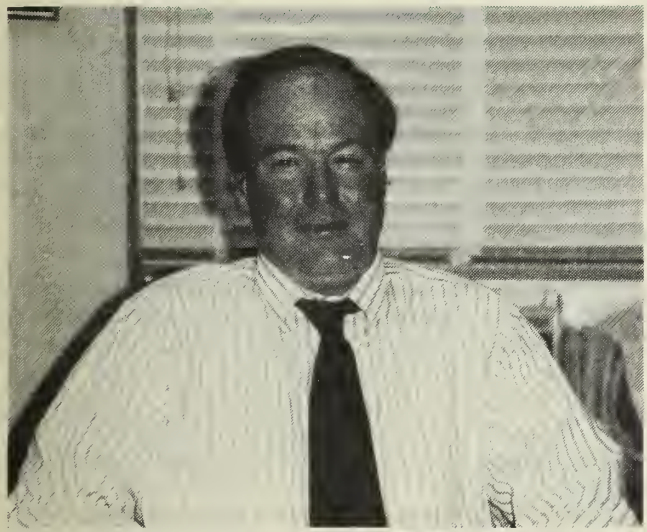
Montana Health Promoter

Volume 3, Issue 1 Winter 1992

Newsletter of the Chronic Disease Prevention and Health Promotion Program
Montana Department of Health and Environmental Sciences

PLEASE RETURN

HEART OF THE COMMUNITY



by Hank Hudson,
Governor's Aging Coordinator



The Governor's Office on Aging in cooperation with the Montana Department of Health is launching an aggressive health promotion project targeting seniors age 60 and older. The goals of the project are threefold: first, to enhance the individual's quality of life through the improvement of health and preservation of independence; second, to define and illustrate healthy lifestyles, which includes the prevention of avoidable accidents and disease; and third, to reduce the demand for scarce and expensive health care resources.

The individual senior will be the "Heart" of this project as good health is primarily based on personal daily lifestyle choices. By practicing a combination of good health habits including proper nutrition, exercise and avoiding tobacco and alcohol, older people can be healthier longer.

An individual's focus on a healthy lifestyle also enhances total well being, resulting in stress reduction and improved mental health, key factors in making additional years healthier, more rewarding and independent.

Each month will have a theme for promoting healthy lifestyles from "Making Sense of Your Senses", hearing, vision and dental health to, "Making Smiles Last a Lifetime", mental health.

A weekly exercise program for all levels of fitness has been designed and there are a variety of confidential screening tools available for identifying health topics that may need individual review.

The program will be delivered through participating Senior Centers. "Heart of the Community" will neither duplicate nor replace existing local programs. It will be a focal point to coordinate, encourage and expand community participation in the many components required to meet program goals.

The Governor's Office on Aging will be "packaging" the information, but it will be up to senior centers to reach out locally in order to coordinate community resources. Local agencies or health professionals can help out by contacting local senior centers to offer assistance. The Office on Aging will be monitoring the success of this program and hopes to publish the results in early 1993. Additional information can be obtained by contacting Hank Hudson at 1-800-332-2272.

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From the Editor

This quarterly issue of the Montana Health Promoter is devoted to the **promotion of emotional health**. Our commitment is to help people and organizations move toward a state of optimal health. This means that the social, intellectual, and spiritual, as well as the physical and emotional dimensions of health need to be recognized and nurtured.

According to the National Institute of Mental Health, many American adults suffer from depressive illness. These illnesses often interfere with normal functioning, causing pain and suffering to those who are affected by a disorder and to those who care about them. Serious depression can take a significant toll on family life and the workplace as well as the life of the ill person.

The contribution of stress to the occurrence of other illnesses or health problems is not fully understood. Nonetheless, critical life events, chronic role strain, the accumulation of life hassles, and environmental pressures are conditions commonly found to exceed the response capacity of some individuals and communities. These stressors may bring on a variety of biological or environmental changes that can, in turn, become sources of stress themselves. A stressful environment can contribute to the onset of depressive illness.

Though it's not clear exactly how a wide range of personality traits and habits might make people sick, it's likely that they interfere with some general integrating system of the body — the nervous, hormonal or immune system. Some individuals appear to live constantly under extreme emotional stress; others are calm and contented in a variety of circumstances. Optimists and pessimists, extroverts and introverts get cancer and ulcers.

Studies suggest that chronic hostility or cynicism has been linked to heart disease. The chronically angry, suspicious, and mistrustful are twice as likely to have coronary artery problems. The evidence also suggests that people whose lives or jobs make high demands on them but allow little latitude for decision making have higher rates for heart disease and cancer.

Unfortunately, many people do not recognize that emotional disorders are treatable conditions. Mental health education is crucial to assure that individuals have the information and skills they need to protect and enhance their own well-being. Education enables individuals to make informed choices about behaviors that will affect their health, and allows populations to collectively make informed decisions about how to protect the mental health in their communities.

Stress is not all bad. When managed properly, stress is a powerful ally for health. Basic health promotion such as nutrition, exercise, relaxation, spirituality can produce short, if not long

term, relief from stress. Social support — involvement with family, friends, and community — can buffer the impact of stress as well. With any lifestyle change, chances for success are much better if we make small "one step at a time" changes and think in terms of what we want our lifestyle to be in the future!!!

Montana's Community Mental Health Services

*By Rusty Redfield,
Planning and Program Development Manager,
Mental Health Division,
Montana Department of Corrections
and Human Services*

The Department of Corrections and Human Services contracts with five regional non-profit corporations for community based mental health services in Montana. The Department's mission for mental health services is to develop a comprehensive public mental health system which: 1) provides treatment, rehabilitation, and support services for psychiatrically disabled adults; 2) provides treatment and support services for emotionally disturbed children/adolescents and their families; and, 3) assures the availability of basic mental health services to those who would otherwise be unable to pay.

Philosophically, the intent is to insure that services: 1) are planned around the needs of consumers of services; 2) are provided in the least restrictive and most natural setting possible; 3) are based on the assets and strengths of consumers; and, 4) protect the consumers from harming themselves or others and from being harmed by others.

Services available through each of the five community mental health center (CMHC) regions include: emergency service (to children, adolescents and adults); outpatient individual and group psychotherapy (to children, adolescents and adults); day treatment (for adults); transitional living (residential service for adults); community living support (children, adolescents and adults); case management (adults) and consultation and education. Additionally, while not available in all regions, the following services are offered in some communities: children's day treatment; adolescent day treatment; therapeutic foster care; crisis response services; and in home training and support for families of emotionally disturbed children.

Early intervention is a valued method of limiting the severity of mental health problems including emotional disturbances in children and adolescents. Consultation and education services provided to community groups and organizations is also an important element in efforts to prevent and/or reduce the impact of mental health problems.

Additional information may be obtained by contacting:

Frank Lane, Director
Eastern Montana CMHC
P.O. Box 1530
Miles City, MT 59301
Phone 232-1687

Linda Hatch, Director
Golden Triangle CMHC
P.O. Box 3089
Great Falls, MT 59401
Phone: 761-2100

John Nesbo, Director
Mental Health Center
1245 No. 29th Street
Billings, MT 59101
Phone: 252-5658

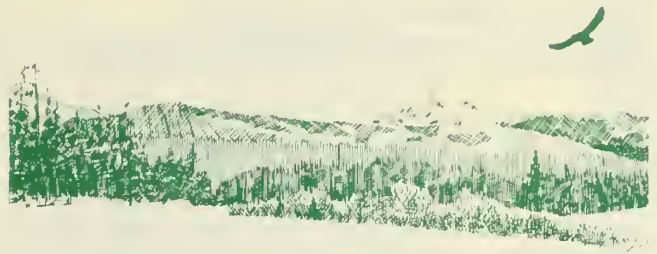
Stuart Klein, Director
Mental Health Services, Inc.
512 Logan
Helena, MT 59601
Phone: 442-0310

Paul Meyer, Director
Western Montana CMHC
T12 Fort Missoula
Missoula, MT 59801
Phone: 728-6870

Dan Anderson, Administrator
Mental Health Division
Dept. of Corrections & Human Services
1539 11th Avenue
Helena, MT 59620
Phone: 444-3969

Year 2000 Health Objectives for Mental Health

People in the 1990's are feeling stress more than ever before. According to Rick Kean, Executive Vice President of Dunhill Personnel System Inc. in Woodbury, NY, "fear of the unknown is the greatest single cause of most stress". Due to a scarcity of numerous resources many people are fearing pay cuts, layoffs and business closures. The U.S. Dept. of Health and Human Services/ Public Health Service has included objectives on mental health in the Healthy People 2000 National Health Promotion and Disease Prevention Objectives. These objectives include promoting mental health by focusing on decreasing stressors and/or increasing the capacity of the individual to cope with stress.



The Three R's of Change

With the ever changing world we live in, major work and lifestyle changes are common. Stress due to these changes is becoming a factor in the lives of even the most cool and composed people. We must learn how to adjust to these changes and deal with the stress that is associated with them in order to avoid future emotional, physical and psychological problems. Taking the time to *recover*, *refocus* and *regenerate* can help us to survive even the most stressful situations that we face in our daily lives.

RECOVER

After a life change, you need to regain your sense of balance and routine. Your situation may be, at least for now, stressful, challenging, or unfamiliar. You may have symptoms such as headaches, backaches, or depression. To begin your recovery, it will help to step back from your new situation. Plan a weekend get-away, or take time just for yourself. Mini-breaks like going to the movies can help you get distance and perspective. Exercise and sharing your feelings with others are excellent stress reducers which can help you get back on track.

REFOCUS

If you are able to look at "the big picture," you'll gain greater peace of mind about the change. Take time to think about what has happened, why, and what it might mean. You might realize that your feelings are mixed. For example, if you've been promoted, you might be pleased with the higher salary, but uncomfortable about supervising your friends. You may feel sad or angry about having to let go of familiar people and routines. With time, those feelings will change. Talking to trusted friends, family members, a counselor, or human resource professional may speed the process.

REGENERATE

All change is stressful for your body and your body needs time to heal. Get extra rest, avoid alcohol and cigarettes, and eat properly. Try to increase your circle of support — connect with new people or reinforce old friendships.

No one can escape change. Accepting the fact that change has taken place is important. When you take steps to recover, refocus and regenerate, you will find acceptance easier. These steps will help you successfully make the change part of your life.

RECOGNIZING AND RELIEVING DEPRESSION

During any 6-month period, 9 million American adults suffer from a depressive illness. The cost in human suffering cannot be estimated. Depressive illnesses often interfere with normal functioning and cause pain and suffering not only to those who have a disorder, but also to those who care about them. Serious depression can destroy family life as well as the life of the ill person.

Possibly the saddest fact about depression is that much of this suffering is unnecessary. Most people with a depressive illness do not seek treatment, although the great majority — even those with the severest disorders — can be helped. Thanks to years of fruitful research, the medications and psychosocial therapies that ease the pain of depression are at hand.

What Is A Depressive Disorder?

A depressive disorder is a “whole-body” illness, involving your body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is *not* the same as a passing blue mood. It is *not* a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

Types of Depression

Depressive disorders come in different forms, just as do other illnesses, such as heart disease. This article briefly describes three of the most prevalent types of depressive disorders. However, within these types there are variations in the number of symptoms, their severity, and persistence.

Major depression is manifested by a combination of symptoms (see symptom list) that interfere with the ability to work, sleep, eat, and enjoy once pleasurable activities. These disabling episodes of depression can occur once, twice, or several times in a lifetime.

A less severe type of depression, *dysthymia*, involves long-term, chronic symptoms that do not disable, but keep you from functioning at “full steam” or from feeling good. Sometimes people with dysthymia also experience major depressive episodes.

Another type is *bipolar disorder*, formerly called manic-depressive illness. Not nearly as prevalent as other forms of depressive disorders, bipolar disorder involves cycles of depression and elation or mania. Sometimes the mood switches are dramatic and rapid, but most often they are gradual. Bipolar disorder is often a chronic recurring condition.

Symptoms of Depression

Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Also, severity of symptoms varies with individuals.

Depression

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, being “slowed down”
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Difficulty concentrating, remembering, making decisions
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Causes of Depression

Some types of depression run in families, indicating that a biological vulnerability can be inherited. This seems to be the case with bipolar. Major depression also seems to occur generation after generation in some families. However, it can also occur in people who have no family history of depression. Whether inherited or not, major depressive disorder is often associated with having too little or too much of certain neurochemicals.

Psychological makeup also plays a role in vulnerability to depression. People who have low self-esteem, who consistently view themselves and the world with pessimism, or who are readily overwhelmed by stress are prone to depression.

A serious loss, chronic illness, difficult relationship, financial problem, or any unwelcome change in life patterns can also trigger a depressive episode. Very often, a combination of genetic, psychological, and environmental factors is involved in the onset of a depressive disorder.

Diagnostic Evaluation and Treatment

The first step to getting appropriate treatment is a complete physical and psychological evaluation. Certain medications as well as some medical conditions can cause symptoms of depression and the examining physician should rule out these possibilities through examination, interviews and lab tests.

Treatment choice will depend on the outcome of the evaluation. There are a variety of antidepressant medications and psychotherapies that can be used to treat depressive disorders. Some people do well with psychotherapy, some with antidepressants. Some do best with combined treatment: medication to gain relatively quick symptom relief and psychotherapy to learn more effective ways to deal with life's problems.

H *heart of the Community* is a year-long program designed to be the heart of your healthy lifestyle. When you make healthy habits a normal part of your daily life, you can be healthier longer and avoid many of the high costs of medical care. Put your heart into your health. Call your local Senior Center today and join **Heart of the Community**. It's fun! It's friendly! It's free!

Good health, increased vigor, and independence result from simple things you can do for yourself on a day to day basis.

Heart of the Community gives you four of the basics to help you get started...

■ Education

Heart of the Community offers a friendly, relaxed place to talk with others and gain factual information that encourages you to think about your attitudes toward nutrition, physical activity, medication, safety, and other health-related issues. You also get the opportunity to learn, practice, and use new skills to make your life as healthy and independent as possible. Health professionals from your community will make sure you have the most up-to-date information to make healthy choices for your life.

■ Nutrition



Healthy eating habits are the basis for looking and feeling great. **Heart of the Community** will help you evaluate your eating habits, food preferences, and cooking techniques to make sure you're getting the nutrients you need to function at your peak. You'll practice menu planning and learn useful tips for preparing nutritious and delicious meals. While you're here, take advantage of our Senior Center Nutrition Program, and enjoy good food and good company.

■ Exercise

The simplest, least expensive thing you can do to improve your life is exercise. Exercise has a positive effect on everything you do. It helps control your weight, lowers your percent of

body fat, reduces your cholesterol level, gives you greater flexibility, and lowers your blood pressure. When you exercise, you tend to eat more nutritious foods. Exercise not only improves your health and physical condition, it also reduces stress, helps you sleep, increases your social activity, and improves your mental attitude. **Heart of the Community** offers an exercise program for every skill level. From sit-and-swing beginning exercises to mileage walking and advanced aerobics, exercise is the heart of your healthy life.

■ Screening



When you participate in **Heart of the Community**, you can take advantage of free or low cost health screenings designed in cooperation with local hospitals and health care providers. At the beginning of the year, we'll appraise your health risks. At various times throughout the year, **Heart of the Community** will check your vision, hearing, and oral/dental health, and screen for hypertension, cholesterol, skin cancer, and other medical indicators and conditions. At the end of the year, we'll appraise your health risks again.

10,000 copies of this public document were published at an estimated cost of 6 1/4¢ per copy, for a total cost of \$625.00, which includes \$625.00 for printing and \$.00 for distribution.

HEART
of the
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Every month **Heart of the Community** features a different theme and topic to put more health and fun in your life.

JANUARY

"Making Smiles Last a Lifetime"
MENTAL HEALTH

FEBRUARY

"Take a Weight Off Your Heart...Exercise"
WALKING, HYPERTENSION,
HEART DISEASE, AEROBICS

MARCH

*"Read the Label Before
Putting It on the Table"*
FATS AND CHOLESTEROL

APRIL

"Make Sense of Your Senses"
HEARING, VISION, DENTAL HEALTH

MAY

"Your Choice — Choose Health"
DIABETES, HEALTHY FEET, HEALTH FAIRS

JUNE

"Safety—Everybody's Business"
DISASTER PREPAREDNESS, WEATHER, DRIVING,
INJURIES IN THE HOME, FIRE PREVENTION

JULY

"Take Control—Avoid Cancer"
QUIT SMOKING, SKIN PROTECTION,
BREAST CANCER, COLON CANCER

AUGUST

"All the Right Moves"
ARTHRITIS, OSTEOPOROSIS

SEPTEMBER

"For a Better Life—Get Immunized"
IMMUNIZATION

OCTOBER

"Play it Safe — Get the Facts"
PRESCRIPTIONS, INSURANCE,
HOW TO TALK TO YOUR DOCTOR

NOVEMBER

"News You can Use"
ALZHEIMER'S DISEASE, ALCOHOL AWARENESS

DECEMBER

"Graduation"
LIFE STYLE CHANGE EVALUATION

Heart of the Community is a year-long, ongoing program. You can join anytime. All it takes is a few hours a week to make a lifetime of difference. Call your local Senior Center today. Join **Heart of the Community**, and put your heart into your health!

Heart of the Community is sponsored by:

The Governor's Office on Aging
Montana Department of Health &
Environmental Sciences:

Chronic Disease Prevention Program
U.S. Centers for Disease Control:
Chronic Disease Prevention Program
Area Agencies on Aging

in cooperation with local hospitals,
physicians, dentists, pharmacists,
nurses, dieticians, and other health
care providers.

Put Your Heart into Your Health!

HEART
of the
COMMUNITY

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Helping Yourself

Depressive disorders make you feel exhausted, worthless, helpless, and hopeless. Such negative thoughts and feelings make some people feel like giving up. It is important to realize that these negative views are part of the depression and typically do not accurately reflect your situation. Negative thinking fades as treatment begins to take effect. In the meantime:

- Do not set yourself difficult goals or take on a great deal of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Do not expect too much from yourself too soon as this will only increase feelings of failure.
- Try to be with other people; it is usually better than being alone.
- Participate in activities that may make you feel better.
- You might try mild exercise, going to a movie, a ballgame, or participating in religious or social activities.
- Don't overdo it or get upset if your mood is not greatly improved right away. Feeling better takes time.
- Do not make major life decisions, such as changing jobs, getting married or divorced, without consulting others who know you well and who have a more objective view of your situation. In any case, it is advisable to postpone important decisions until your depression has lifted.
- Do not expect to snap out of your depression. People rarely do. Help yourself as much as you can, and do not blame yourself for not being up to par.
- *Remember*, do not accept your negative thinking. It is part of the depression and will disappear as your depression responds to treatment.

Helping the Depressed Person

The most important thing anyone can do for the depressed person is to help him or her get appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication.

The second most important thing is to offer emotional support. This involves understanding, patience, affection, and encouragement. Engage the depressed person in conversation and listen carefully. Do not disparage feelings expressed, but point out realities and offer hope. Do not ignore remarks about suicide. Always report them to the depressed person's therapist.

Invite the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused. Encourage par-

ticipation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon. The depressed person needs diversion and company, but too many demands can increase feelings of failure.



Do not accuse the depressed person of faking illness or of laziness, or expect him or her "to snap out of it." Eventually, with treatment, most depressed people do get better. Keep in mind, and keep reassuring the depressed person that, with time and help, he or she will feel better.

Where to Get Help

A complete physical and psychological diagnostic evaluation will help determine the type of treatment that might be best. Listed below are the types of people and places that will make a referral to, or provide, diagnostic and treatment services. Check the *Yellow Pages* under "mental health," "health," "social services," "suicide prevention," "hospitals," or "physicians" for phone numbers and addresses.

- Family Doctors
- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- University or medical school-affiliated programs
- State hospital outpatient clinics
- Family service/social agencies
- Private clinics and facilities
- Employee assistance programs
- Local medical and/or psychiatric societies

Further Information

Write To:

D/ART/Public Inquiries
National Institute on Mental Health
Room 15C-05
5600 Fishers Lane
Rockville, MD 20857

National Foundation for Depressive Illness
20 Charles Street
New York, NY 10014

National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971

Excerpted from an article by Marilyn Sargent, Office of Scientific Information, National Institute of Mental Health (NIMH) for the Depression/ Awareness, Recognition, and Treatment (D/ART) program.

WELLNESS PROGRAMS AND EMOTIONAL HEALTH: EMPOWERMENT— THE HEART OF WELLNESS

The choice of a healthy lifestyle and mental well-being requires hundreds of choices every day. What we eat, risks we take, limits we accept, expectations we resist, all require our willingness to acknowledge our responsibility and authority to act. At the heart of an individual's efforts regarding physical and mental wellness is the sense of empowerment that provides the impetus to make behavior changes. Empowerment is defined as follows:

The sense of ability to initiate and maintain a personal behavior change held by the individual.

Empowerment is the quality that an individual needs to initiate and maintain a specific behavior change. If the individual has attempted to make a behavior change in the past and has met with repeated failure, their sense of ability to change will be limited and a general sense of resignation and fatalism about the behavior will likely be felt. In this type of situation it becomes much less likely that the individual will attempt to make a behavior change if they have experienced a great deal of failure in following through on the change in the past. This resignation and discouragement then acts as a very real barrier to successfully addressing key areas of behavior change and can become a very sizable obstacle to mental and physical wellness.

One of the key challenges of employee wellness programs is to structure the program so that it can help the individual gain a sense of empowerment or ability to successfully make a long term change in behavior. There are a number of approaches that can be useful. Some of these include the following:

- Downplay the guilt-driven nature of programming
- Communicate the belief that the individual is capable of change if they really want to change
- Downplay the fear-motivated basis of the need to avoid death and disease associated with health risks.
- Highlight the personal rewards of the change
- Communicate the need to enjoy the new behavior in order to leave the old behavior
- Emphasize that intrinsic motivation is much more important than extrinsic motivation in overcoming habits
- Continue to highlight individuals who have made long term (i.e. 3+ years) behavior changes and maintained the behavior or condition, such as weight loss

- Constantly reinforce the self-esteem and capability of the individual to control their own behavior
- Emphasize the personal rewards from the change
- Stay away from "shoulds" and emphasize personal desires
- Emphasize individual choices
- Be very clear about consequences of choices

These program strategies and values need to permeate the program in order to help increase the sense of empowerment that the employee experiences.

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Funding Facts

Before the development of a proposal for submittal to money resources, consider making personal contact to discuss the idea or project. The contact helps to **assure your eligibility, confirm existing resources**, and to **cultivate a relationship with the funder**.

Upon request, the funder will forward appropriate guidelines, forms, and supporting documentation. Take the time to **read them carefully**.

Discuss your proposal with appropriate local, state, and federal elected officials. Each representative can become an **important supporter** of your project and may help to **facilitate access to resources**.

—Bader and Carr, 1987

FEDERAL SOURCES

Mental Disorders in Rural Populations Research Grants
Mental Health Aspects of AIDS Research Grants
Mental Health Clinical or Service Related Training Grants
Mental Health Economic Research Grants
Mental Health Services for Children and Adolescents Grants

National Institute of Mental Health
5600 Fishers Lane, Parklawn Building
Rockville, Maryland 20857

Mental Health Media Awards

National Mental Health Association
1021 Prince Street
Alexandria, VA 22314-2971

FOUNDATIONS

The Robert Wood Johnson Foundation
Gannett Foundation
The Kresge Foundation
Ruth Mott Foundation

STATE SOURCES

Montana and Wyoming Foundations Directory
Mental Health Division, Montana Department of Corrections and Human Services

Resources

Mental Health Association of Montana, 555 Fuller, Helena, Montana, 59601, Ph. 442-4276 or 1-800-823-6426.

Offers a variety of pamphlets, books, videos and other resources relating to mental health. Also provides referrals to mental health services throughout Montana communities.

Good Mental Health: A Self Assessment, Booklet 12 pages,

Deaconess Medical Center of Billings, Deaconess Health Information Center, 1020 North 27th, Suite 204, Billings, Montana, 59101, 255-8400 or 1-800-252-1246.

A self assessment booklet that offers some assistance in deciding whether you should be concerned about symptoms of mental or emotional illness and whether or not help should be sought.

Handbook of Stress: Theoretical and Clinical Aspects, Goldberg, L., and Brezmeiz, S., New York Free Press 1982.

Stress and Human Health, Elliott, G.R. and Eisendorfer, C., New York, Springer Publishing Co. 1982.

Prevention in Child and Adolescent Psychiatry: The Reduction of Risk for Mental Disorders, Washington, DC: American Academy of Child and Adolescent Psychiatry, 1990.

Available on Loan

The following materials are recent acquisitions available on loan from the Chronic Disease Prevention and Health Promotion Program, MDHES, Cogswell Building, Room C314, Helena, MT, 59620, (406) 444-2640.

The New Handbook of Health and Preventive Medicine, Kurt Butler and Lynn Rayner, M.D., Published by Prometheus Books, paperback 450 pages. Addresses the essential topics of good health in four parts. Part 1, "Healthy habits," focuses on proper nutrition and exercise: Part 2, "Common Diseases," tells you what you need to know about the most important diseases and disorders: Part 3, "Self Care and Rational Use of the Health Care System," focuses on Symptoms: Part 4, "Drugs and Health," will help you understand and properly use- or avoid- prescription and non-prescription drugs.

The Well Adult, How to Stay Well and What to Do If You are Ill. The Complete Guide to Protecting and Improving Your Health, By Mike Samuels, M.D., and Nancy Samuels, authors of *The Well Pregnancy Book*, *The Well Baby Book* and *The Well Child Book*. Published by Summit Books, paperback 497 pages. Includes everything you should know about the signs and symptoms, diagnosis and treatments — medical and self care

— of the diseases that occur most commonly in adults.

Healthy People 2000, National Health Promotion and Disease Prevention Objectives. U.S. Department of Health and Human Services/Public Health Service. Contains a full report and commentary of the national strategy for significantly improving the health of the Nation over the coming decade, addressing the prevention of major chronic illnesses, injuries and infectious diseases. (Can be purchased by calling 202-783-3238).

Stress Without Distress, Cooperative Extension Service, Montana State University, Bozeman. A Guide to Self-Understanding and Prevention of: Stress-Related Illness and Premature Death.

Healthwise Handbook, Kemper, McIntosh and Roberts, Published by Healthwise Inc. Boise Idaho, 4th Edition, paperback 250 pages. A Practical Guide to Family Based Care Designed to Help Guide Your Decisions About Common Health Problems.



Coming Up

- | | |
|----------------|---|
| February 29 | General Nursing Workshop , Fairmont Hotsprings, Butte, contact Marion Nelson, Executive Director, Montana LPN Assoc. 453-6029. |
| April 29-May 1 | Montana Public Health Association Conference , Grouse Mountain Lodge, Whitefish, contact Gary Pitts, Director of Health Promotion & Disease Prevention, Billings Indian Health Service, 657-6951. |
| May 28-29 | 1992 Montana AIDS Conference , Montana State University, Bozeman, Contact Terry Kirkland, Continuing Education, Montana State University, 994-4930. |
| June 28-July 1 | Rocky Mountain Rendezvous , "A conference to promote personal health and wellness in the Rocky Mountain West", Rock Creek Resort, Red Lodge, contact Marsha McFarland, Dept. of Health and Environmental Sciences, Chronic Disease and Health Promotion Program, 444-2555. |

NATIONAL HEALTH OBSERVANCES
February American Heart Month

Mark your
calendar now!

ROCKY MOUNTAIN RENDEZVOUS

WELLNESS IN THE WILDERNESS



a conference to promote personal health and wellness

ROCK CREEK RESORT
RED LODGE, MONTANA
JUNE 28 - JULY 1, 1992

Plan now to attend this four-day conference! Through a series of presentations, workshops, and outdoor activities, you will explore the five dimensions of wellness:

- physical
- social
- intellectual
- emotional
- spiritual

Rock Creek Resort lies just outside Red Lodge, Montana. Located in the spectacular Beartooth Mountains, this conference site provides the perfect atmosphere for a successful wellness experience.

WHO SHOULD ATTEND?

- school employees
- health professionals & preprofessionals
- DRUG FREE schools personnel
- wellness & health promotion personnel
- fitness leaders
- personnel directors
- mental health professionals
- prevention, intervention & treatment personnel
- senior service providers
- anyone interested in personal health development

For More Information, Call 444-3985

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the Montana Office of Public Instruction,
the Wyoming Department of Education,
and MAHPERD

Montana Health Promoter

Montana Department of Health
and Environmental Sciences
Cogswell Building, Room C314
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